



5 Squares Menu for the Week of December 10, 2018

Monday

- Meal #1 Gluten-free pumpkin pancakes with turkey bacon
- Meal #2 Roasted butternut squash soup
- Meal #3 Chopped Chicken and broccoli and turkey bacon salad
- Meal #4 Organic Square bar - chocolate coated peanut butter
- Meal #5 Rosemary and thyme roasted turkey with brussel sprouts and sweet potato wedge

Tuesday

- Meal #1 Western egg white popover stuffed with peppers, onions and Canadian bacon
- Meal #2 Stracciatella (Italian Egg Drop) Soup
- Meal #3 Jumbo shrimp and vegetable fried "cauliflower rice"; Asian inspired - made with minced onions, egg and carrots
- Meal #4 Marinated chicken and tabbouleh salad
- Meal #5 Turkey meatloaf with carrots, plum tomatoes and celery, served with asparagus and rustic red mashed potatoes

Wednesday

- Meal #1 Gluten-free cinnamon raisin muffin with Canadian bacon.
- Meal #2 Organic Square bar - chocolate coated almond spice
- Meal #3 Tender beef stew with pearled onions and carrots; served over basmati brown rice
- Meal #4 Chicken salad lettuce wrap – with grapes & roasted almond slivers served in lettuce leaves for wrapping
- Meal #5 Lime roasted fillet of sole with shallots and fresh herbs; served over zucchini spirals

Thursday

- Meal #1 Breakfast burrito with chorizo & soy cheese egg white scramble and side of homemade salsa
- Meal #2 Tuna and crunchy green bean salad
- Meal #3 Mexican spaghetti and meatballs; chicken meatballs served over spaghetti squash
- Meal #4 Almond & roasted red pepper dip with carrot sticks
- Meal #5 Our famous homemade eggplant "parmesan"

Friday

- Meal #1 Udi's gluten-free bagel with Tofutti cream cheese, turkey bacon and sliced tomato
- Meal #2 Organic Square bar - chocolate coated nuts & sea salt
- Meal #3 Homemade chicken burger with grilled eggplant, grilled tomatoes & a side of pico de gallo
- Meal #4 Yummy vegetarian lentil soup
- Meal #5 Sausage, pepper, potato and onion stew

Saturday

- Meal #1 Broccoli and turkey sausage popover served with sautéed breakfast potatoes
- Meal #2 Chicken cucumber tomato basil salad
- Meal #3 Roasted pork served with seasoned potatoes and sautéed bitter greens
- Meal #4 Crunchy turkey salad with chopped apples; served over garden greens
- Meal #5 Asian shrimp toss

Sunday

- Meal #1 Mixed berries and cinnamon zested oatmeal
- Meal #2 Buffalo chicken salad served with celery sticks and blue cheese
- Meal #3 Tilapia with chopped tomato basil salad & side of summer squash
- Meal #4 Grilled turkey burger with sautéed onions
- Meal #5 Delicious chicken stew served over brown rice